

2Meatloaf40

Number of Servings: 40 (146.47 g per serving)

Amount	Measure	Ingredient
8.00	lb	Beef, ground, hamburger, raw, 10% fat
9 1/2	pce	Bread, multigrain
3 1/2	cup	Milk, nonfat/skim, w/add vit A & D
9 1/2	ea	Eggs, whole, raw, lrg
1 3/4	cup	Onion, white, fresh, chpd
1 3/4	tsp	Salt, table, iodized
3/4	tsp	Spice, pepper, black
1 1/8	cup	Catsup

Nutrients per serving

Nutrition Facts		
Serving Size (146g)		
Servings Per Container		
Amount Per Serving		
Calories 220		Calories from Fat 100
		% Daily Value*
Total Fat 11g		17%
Saturated Fat 4g		20%
Trans Fat 0.5g		
Cholesterol 110mg		37%
Sodium 300mg		13%
Total Carbohydrate 7g		2%
Dietary Fiber 1g		4%
Sugars 3g		
Protein 22g		
Vitamin A 4%	• Vitamin C 2%	
Calcium 4%	• Iron 15%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
	Calories	2,000 2,500
Total Fat	Less Than	65g 80g
Saturated Fat	Less Than	20g 25g
Cholesterol	Less Than	300mg 300 mg
Sodium	Less Than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g
Calories per gram:		
Fat 9 • Carbohydrate 4 • Protein 4		

Instructions

Potentially Hazardous Food. Food Safety Standards: Hold food for service at internal temperature above 140 degrees F.

Cube bread and mix all ingredients, except catsup, on low speed until blended, using flat beater. Do not overmix. Press meat mixture into 5X9" pans (1 pan for each 2# of ground beef).

Spread catsup over top of meatloaf. Bake at 325 degrees F for approximately 1 1/2 hours, or until internal temperature reaches 180 degrees F.

Meatloaf may also be made in counter pan but depending on amount baking time may need to be increased.

Portion into # portions listed for Yield above. Serve with metal spatula or tongs.

1 serving = 2 oz meat/meat subst

1 serving = 7 grams CHO = 1/2 Carb Serving

Notes